Courtney King

Helping the environment

One of the things I plan to do is to take shorter showers. I’m hoping my parents will try to take shorter showers too, especially my dad. I wish I could have told my sisters about it, who are in college, so they could try conserve too. They take rather long showers also. I think that, since I will(hopefully) have a strong enough willpower to resist standing under the shower head for five minutes, I can cut my shower time in half. What worries me is, sometimes I don’t realize the time passing in the shower, and what I thought was a minute could be closer to three. So, I think the only equipment I will need is a strong willpower and the want to follow through, which is normally how my projects go unfinished; lack of interest as time goes on.

I’m also going to use cloth napkins this week, instead of the paper ones. I think that it’ll be pretty easy to just sneak in the cloth napkins, and it’ll be pretty much the same as with the paper ones, except less trees were harmed. We normally go through a foot stack of napkins every couple of months. I can imagine how many other families that are messier and larger than ours go through. The only thing I can think of that might be hard is washing them. There are some food stains that don’t come out very easily, like spaghetti, which we eat a lot in our house. I think that’s why most of us use paper napkins; we don’t want to deal with the mess, so we just throw it away on disposable napkins.

At the end of the week, I have no idea if what we did helped the environment or did absolutely nothing. It feels like we did nothing, but you never know how much the little things will do. I took shorter showers and so did my parents. I think, overall, we cut our shower time each day by about 5-7minutes. Multiply that by seven, and we spent about 40 minutes out of the shower. That does seem to add up, because 40 minutes with water pouring out of a spout can really be a lot of water.

We didn’t do so good with the napkins. Instead of using cloth napkins, we just didn’t use any napkins at all. I think it was because my mom didn’t want to clean them, but also, I guess we really didn’t feel the need for them, because we had mostly clean meals this week. But, at least we didn’t use paper napkins! I think what we did was ate, and then, sometime later, washed our faces with water. We still saved water from taking shorter showers, but some of it was used to wash our faces after meals. Not enough to cancel out our water savings, but still some.

A lot of the things on the list we’re doing already. We have a water-efficient washer, our house is a very light green, and we have solar panels and fans in almost every room. We also have a small kukui nut seedling that we plan to plant in our backyard when it gets big enough. So, I like to think we are doing a lot more to help the environment then we did a couple years ago.